Meadowbrook

COMMUNITY COMPLEX



Community Center

10517 35th Ave. NE (206) 684-7522

Teen Annex 10750 30th Ave. NE (206) 684-7523

Swimming Pool 10515 35th Ave. NE (206) 684-4989



REGISTER ONLINE - it's easy!

www.seattle.gov/parks



Meadow brook community center

10517 35th NE / Seattle, WA 98125 (206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125 (206) 684-7523

E-Brochures are available Visit us online at <u>www.seattle.gov/parks</u>

Hours of operation

Monday, Wednesday, & Friday, 1 p.m. to 9 p.m. Tuesday & Thursday, 10 a.m. to 9 p.m. Saturday 10 a.m. to 5 p.m. (starting September 9)

Holiday closures

Monday, September 4th (Labor Day)
Friday, November 10th (Veteran's Day observed)
Thursday, November 23rd (Thanksgiving Day)
Friday, November 24th (day after Thanksgiving)
December 25th (Christmas Day)
Maintenance Closure: October 22-October 29

Program registration

Walk-in registration begins August 14

Program dates

September 18-December 31, 2006

Professional staff

Ken Bounds, Superintendent
Christopher Williams, Operations Director
Maureen O'Neill, North Recreation Manager
Teresa (Terri) Burns, Center Coordinator
Jeron Gates, Assistant Center Coordinator
Naikia Howard, Recreation Specialist
September Wilson, Recreation Attendant
Marlene Oliver, Building Maintenance
Kristin (Kit) Benshoof, Teen Devolopment Leader
Kevin Bernadt, Recreation Attendant

Our Advisory council is always looking for new members. Meetings are held on the second Thursday evening of every month at $7:00~\rm{p.m.}$

GENERAL INFORMATION

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month, at 7:00 p.m., to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rental

For information about room rentals, please view our facility rental brochure.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Any person who registers for a class, camp, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Check Out These SPECIAL EVENTS!!



Dinner & a Movie

1st Friday of the month Pizza \$1.50/slice; Soda \$.50

Movie will begin at 6pm

7122a \$1.50/\$lice; 300a \$.50

October 6th, November 3rd, and December 1.

Movies will be announced on the 20th of the month prior.

Puget's Sound Productions

October 20th, November 17th, December 15th

All Concerts begin at 6:30pm \$5-10 suggested donation

Details at <u>www.livelocalmusic.org</u>

Puget's Sound Productions, a 501 © (3) non-profit dedicated to helping local musicians and audiences find one another, begins its fourth concert season at its flagship series here at Meadowbrook!! Come



(re) discover the joy of live music in your community every third Friday beginning in October with some of the region's finest acoustic musicians. Families Welcomed!

Tiny Goblins Carnival

October 21st 11:00am – 1:00pm

Ghosts and goblins, fairies and princesses are all invited to this

carnival designed for children under 5.

Scare free fun with games and prizes for everyone!! Volunteers Needed!!



SPECIAL POPULATIONS

Seattle Parks and Recreation Specialized Programs Section Adults with Disabilities (18 - older)

"T-N-T CLUB" (Try New Things Club)

A weekly social club enjoy fun activities and dine on their sack lunch/drink

Dates: Oct. 3 - Dec.6

Times: Tuesdays, 10:30 am - 1:00 pm Location: Meadowbrook CC Social Room

Cost: Free

For pre-registration, please call the office at

(206) 684 - 4950

Argosy Christmas Ship

Date and Time TBA Matthews Beach

NE 93rd & 51st NE

Start off the holiday season with hot apple cider of coffee by the bonfire at Matthews Beach. Check out the beautiful parade of boat lights during this annual event. For more information on sailing aboard an Argosy boat, call Argosy at 206-623-1445.

Lighted Pond Walk

December 15th 6:30pm - 7:30pm

Holiday spirit abounds in the luminary walk through the Meadowbrook Pond. Candles provide the only light, while the birds and beavers will provide the background sounds. After the walk, stop by Meadowbrook Community Center to enjoy the evening concert and some refreshments.



PERFORMING ARTS & DANCE

Beginning Ballet

Courses that teach the basics of correct body alignment and proper ballet technique.

Ages 5 - 10

For the more serious dance student, this class offers an introduction to ballet vocabulary. The five positions, proper alignment, and large traveling steps across the floor are emphasized. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and ballet slippers, and have hair secured.

Location: Multi-Purpose Room - Large #1107 19/28/2006-12/14/2006 Thu Activity Fee \$70.00

3:45-4:30 pm

Creative Movement - Youth

Exploring movement through rhythm, music and games. These courses are typically intended for preschool age youth.

Ages 3 - 5

This class introduces the concepts of rhythm, shape, size, and speed in a fun and energetic environment. Self-expression and creativity are encouraged. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and have hair secured; ballet slippers are optional.

Location: Multi-Purpose Room - Large

#11072 9/28/2006-12/14/2006 Thu 2:45-3:15 pm

Activity Fee \$50.00

#11073 9/28/2006-12/14/2006 Thu

Activity Fee \$50.00

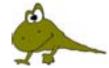
3:15-3:45 pm

PRESCHOOL

Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate.

Enrollment for the 2006/2007 school year began on April 25th at 10:00am. There is a \$30 non-refundable registration/supply fee due at the time of registration. The fees for 2006/2007 are as follows:

Frogs: \$120/\$100 Geckos: \$232/\$200 Tadpoles: \$190/\$165



TADPOLES Preschool

Ages 2½- 3½

This class designed for the first time student, will help your child transition from home to the world of friends and social play. Your child will experience nature, art, science, outdoor play, story time, music and drama.

Room 10 - Medium

TADPOLES PRESCHOOL - SEPTEMBER Activity Fee \$100.00

#9108 9/12/2006-9/28/2006 Tue, Thu 10 am - 12 pm

TADPOLES PRESCHOOL - OCTOBER Activity Fee \$100.00

#9109 10/3/2006 - 10/31/2006

Tue, Thu 10 am - 12 pm

TADPOLES PRESCHOOL – NOVEMBER Activity Fee \$120.00

#9110 11/2/2006 - 11/28/2006

Tue, Thu 10 am - 12 pm

TADPOLES PRESCHOOL – DECEMBER Activity Fee \$100.00

#9111 12/5/2006-12/14/2006

Tue, Thu 10 am - 12 pm

GECKOS Preschool

Ages 4 - 5

This class will focus on preparing your child for Kindergarten. The curriculum will include pre-reading and writing skills, math concepts, socialization, and basic Spanish words and phrases.

Room 10 - Medium

GECKOS PRESCHOOL - SEPTEMBER Activity Fee \$200.00

#9116 9/11/2006 – 9/29/2006

Mon, Tue, Wed, Thu 1 pm - 4 pm

GECKOS PRESCHOOL - OCTOBER Activity Fee \$200.00

#9117 10/2/2006-10/31/2006

Mon, Tue, Wed, Thu 1 pm - 4 pm

*CLOSED 10/23-10/26

GECKOS PRESCHOOL - NOVEMBER Activity Fee \$232.00

#9118 11/1/2006-11/29/2006

Mon, Tue, Wed, Thu 1 pm - 4 pm

GECKOS PRESCHOOL - DECEMBER Activity Fee \$200.00

#9119 12/4/2006-1/3/2006

Mon, Tue, Wed, Thu 1 pm - 4 pm

FROGS Preschool

Ages 3 - 4

Room 10 - Medium

FROGS PRESCHOOL - SEPTEMBER Activity Fee \$165.00

#9112 9/11/2006 - 9/29/2006

Mon, Wed, Fri 9 am - 12 pm

FROGS PRESCHOOL - OCTOBER Activity Fee \$190.00

#9113 10/2/2006 - 10/30/2006

Mon, Wed, Fri 9 am - 12 pm *CLOSED 10/23, 10/25, AND 10/27

FROGS PRESCHOOL - NOVEMBER Activity Fee \$190.00

#9114 11/1/2006 – 11/29/2006

Mon, Wed, Fri 9 am - 12 pm

FROGS PRESCHOOL - DECEMBER Activity Fee \$165.00

#9115 12/1/2006 – 12/15/2006

Mon, Wed, Fri 9 am - 12 pm

FUN WITH ART

Dino Explorers

Ages 3 - 5

Come learn about these prehistoric creatures and make exciting crafts in the process. We will explore different kinds of dinosaurs and speculate upon why they went extinct. Make dino eggs, dioramas, bones and more. Instructor: Susan Moffitt

#10028 9/22/2006 - 12/8/2006

Fridays 1 - 2 p.m.

Activity Fee \$65.00

Art Escape

Ages 3 - 5

For the artistic and adventuresome preschooler. Art Escape allows students to dabble in a wide range of arts, trying something new each session. We'll tackle culinary arts, sculpture, painting, theatre, music and more over six weeks this Fall. Please dress children in clothing that permits free movement and can get a bit messy in the artistic process. On fair weather days, we may seek inspiration outside; so sturdy shoes are a must!

#11168 10/11/2006-11/15/2006

Wed 1 - 3 p.m.

Activity Fee \$66.00

For the artistic and adventuresome preschooler!



OUT OF SCHOOL CARE/CAMPS

The Seattle Parks and Recreation Department in conjunction with the community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks and Recreation Department sites. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable. Snow days and strike days are not included in the monthly fee and will be offered at \$29 per day. Fees must be paid between the 20th and 25th of the month prior to service. If the fees are not paid by the 1st school day of each month, your child will not be permitted to stay at the center. In accordance with City of Seattle Parks and Recreation policy, program payment must be made prior to services rendered.

EXPLANATION OF FEES: The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Sorry, we cannot take drop-in participants. You must register for the specific days of the week you wish to attend.

TRANSPORTATION: Children attending school within 6 blocks of the community center will walk to/from school with a staff person. Children attending a Seattle Public School further than 6 blocks but within the "cluster" that includes the community center will use Public School bus transportation. Parents of children with special needs should consult with the community center staff.

Childcare - Before School

Ages 5 - 12

Before school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Before School - 5 days \$160.00 (2nd Child Discount \$150.00)

Before School - 4 days \$145.00 Before School - 3 days \$120.00 Before School - 2 days \$95.00 Before School- 1 day \$50.00 BEFORE SCHOOL -SEPTEMBER

#9235 9/45/2006-9/22/2006 Mon-Fri 7 am - 9 am BEFORE SCHOOL OCTOBER #9236 10/2/2006-10/31/2006 Mon-Fri 7 am - 9 am

BEFORE SCHOOL NOVEMBER #9237 11/1/2006-11/29/2006 Mon-Fri 7 am - 9 am BEFORE SCHOOL DECEMBER

#9238 12/1/2006-12/15/2006 Mon-Fri 7 am - 9 am

Fun, creative, and safe!
This before and after school
program is filled with activities.
Instead of staying home,
come join us for games, arts
& crafts and indoor sports.



Childcare - After School

Ages 5 -12

After school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Room 11 - Medium

After School - 5 days \$245.00 (2nd Child Discount \$235.00)

After School - 4 days \$230.00 After School - 3 days \$190.00 After School - 2 days \$135.00 After School - 1 days \$85.00

AFTER SCHOOL - SEPTEMBER #9231 9/6/2006-9/26/2006 Mon-Fri 3 pm - 6 pm AFTER SCHOOL - OCTOBER

#9232 10/2/2006-10/31/2006 Mon-Fri 3 pm - 6 pm

AFTER SCHOOL - NOVEMBER

#9233 11/1/2006-11/28/2006 Mon-Fri 3 pm - 6 pm

AFTER SCHOOL - DECEMBER #9234 12/1/2006-12/15/2006 Mon-Fri 3 pm - 6 pm

Winter Break Camp

Ages 5 - 12

Meadowbrook is offering a great camp for kids (grades K-5).

A completed medical authorization/permission form must be on file at the complex.



The week will be packed with fun and exciting activities!

WINTER BREAK WEEK 1

Room 01 - Medium

#9239 12/18/2006-12/22/2006 Mon-Fri 7 am - 6 pm Activity Fee: Full Week \$145, Second Child \$140.00

WINTER BREAK WEEK 2

Room 01 - Medium

#9240 12/26/2006-12/29/2006 Mon.-Fri 7 am - 6 pm

Activity Fee: Full Week \$116, Second Child \$112.00

AEROBICS & FITNESS

Personal Fitness - Intro

Ages 16 and older

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up, exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates and times work for you, please ask the front desk to schedule you a private or semi-private class (\$40). Please register for class by the close of business the preceding day.

Location: Weight/Fitness Room

DEDOCALL SITUES OF 14.4.1		
PERSONAL FITNESS - INTRO 9/11/ #10931 9/11/2006 Activity Fee \$11.00	Mon	7:30 - 9 pm
PERSONAL FITNESS - INTRO 9/12/ #10932 9/12/2006 Activity Fee \$11.00	06 Tue	9 - 10:30 am
PERSONAL FITNESS - INTRO 9/27/ #10933 9/27/2006 Activity Fee \$11.00	06 Wed	7:30 - 9 pm
PERSONAL FITNESS - INTRO 10/9/ #10934 10/9/2006 Activity Fee \$11.00	06 Mon	7:30 - 9 pm
PERSONAL FITNESS - INTRO 10/10 #10935 10/10/2006 Activity Fee \$11.00	/06 Tue	9 - 10:30 am
PERSONAL FITNESS - INTRO 10/23 #10936 10/23/2006 Activity Fee \$11.00	/06 Mon	7:30 - 9 pm
PERSONAL FITNESS - INTRO 11/2/ #10937 11/2/2006 Activity Fee \$11.00	06 Thu	9 - 10:30 am
PERSONAL FITNESS - INTRO 11/6/ #10938 11/6/2006 Activity Fee \$11.00	06 Mon	7:30 - 9 pm
PERSONAL FITNESS - INTRO 11/29 #10939 11/29/2006 Activity Fee \$11.00	/06 Wed	7:30 - 9 pm
PERSONAL FITNESS - INTRO 12/5/ #10940 12/5/2006 Activity Fee \$11.00	06 Tue	9 - 10:30 am
PERSONAL FITNESS - INTRO 12/11 #10941 12/11/2006 Activity Fee \$11.00	/06 Mon	7:30 - 9 pm



Meadowbrook Fitness Room

Weight Room Hours:

M/W/F* 9:15 am - 8:45 pm T/Th 10 am - 8:45 pm Saturday 10 am - 5 pm

Fitness Room Pass:

Monthly Pass \$15; 10 Punch (good for 3 months) \$15 Fitness Room Drop-in Fee \$2

Make Meadowbrook Community Center your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room. Passes are valid from the date of purchase and are non-transferable and non-refundable

Participants must complete the "Introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.

Cardio Kickboxing

Ages 18 and older

Kick-start your Saturday mornings into high gear with this highenergy aerobics class inspired by moves for the martial arts: jabs, kicks, strikes, blocks and much more! You'll get your heart pumping and burn a ton of calories. Every class will include a core strength segment as well as a warm-up and cool-down stretch. Cross-trainers or other, similar footwear recommended, also wear clothes that breathe and move comfortably. Leap into your weekend on a high note with a workout that will start you off on the right foot!

Location: MPR

#9730 9/23/2006-12/2/2006 Sat 10 - 11 am

Activity Fee \$65.00

Jazzercise

When you love your workout, results come easy. Jazzercise combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create a truly effective program for people of every age and fitness level. Here is your chance to get healthy and fit in a friendly environment. Grab a mat or towel and a water bottle and get started today. Classes are ongoing, so come to any class to start. Instructor: Madelaine Jensen

This is a paid advertisement. This program is not operated by the Meadowbrook Advisory Council or the Seattle Parks and Recreation Department.

Location: Meadowbrook Gym

REGISTER FOR JAZZERCISE WITH THE INSTRUCTOR AT THE PROGRAM SITE.

Mon/Wed/Fri 9:15 am - 10:15 am

Easy Fitness Ticket: \$36 (Automated Unlimited Monthly Pass)

Unlimited Monthly Pass: \$50 (Pay as you go)

4 Class Punch Card: \$32

Drop-In: \$10

(Passes also valid for Jazzercise classes at Shoreline Center)

AEROBICS & FITNESS

Pilates

Ages 16 and older

Find out where you're weak, where you're strong, where your "core" is and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body. The pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. Instructor has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching, the instructor pays attention to the individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities

Location: Multi-Purpose Room - Large

PILATES M/W SEPTEMBER

#9756 9/6/2006-10/2/2006 Mon, Wed 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES M/W OCTOBER

#9748 10/2/2006-11/1/2006 Mon, Wed 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES M/W NOVEMBER

#9752 11/6/2006-11/29/2006 Mon, Wed 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES M/W DECEMBER

#9754 12/4/2006-12/27/2006 Mon, Wed 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES THURSDAY AUGUST

#9761 8/31/2006-9/21/2006 Thu 7-8 pm Activity Fee \$31.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES THURSDAY SEPTEMBER

#9763 9/28/2006-10/19/2006 Thu 7-8 pm Activity Fee \$31.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES THURSDAY OCTOBER

#9766 10/26/2006-11/16/2006 Thu 7-8 pm Activity Fee \$31.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES THURSDAY NOVEMBER

#9767 11/30/2006-12/21/2006 Thu 7-8 pm Activity Fee \$31.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

PILATES SATURDAY

#11204 9/23/2006-12/2/2006 Sat 9-10 am Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

Remix Workouts

Ages 18 and older

Each one hour class, designed for adults, includes: warm-up, balance exercises, low impact aerobics (no choreography, no jumping), strength training, abdominal work, and stretching. The classes are always different so you stay challenged and motivated. Instructor: France Marien

Location: Multi-Purpose Room - Large

#9768 9/19/2006-11/9/2006 Tue, Thu 1 - 2 pm

Activity Fee \$80.00

Yoga

Our Hatha yoga instructor has studied yoga for 12 years. This class includes stretching, meditation and toning of the body. Wear loose, comfortable clothing. Instructor: George Hoder

Location: Room 22 - Medium

YOGA - HATHA SEPTEMBER

#9769 9/5/2006 9/26/2006 Tue 6:30-7:30 pm

Activity Fee \$33.00

YOGA - HATHA OCTOBER #9770 10/3/2006-10/24/2006 Tue 6:30-7:30 pm

Activity Fee \$33.00

YOGA - HATHA NOVEMBER

#9771 10/31/200611/21/2006 Tue 6:30-7:30 pm

Activity Fee \$33.00

YOGA - HATHA DECEMBER

#9772 11/28/2006-12/19/2006 Tue 6:30-7:30 pm

Activity Fee \$33.00

Kendo

The art of Japanese swordsmanship, this martial art teaches discipline in mind and body during the feudal days of Samurai to its highest level. Instructor: Murosako Yoshitsugu sensi is one of the 5 masters chosen for the book "The Warriors' Paths". For more information or to sign up for the class, please call 425-488-0568 or email patmurosako@earthlink.net.

This is a paid advertisement. This program is not operated by the Meadowbrook Advisory Council or the Seattle Parks and Recreation Department.

Location: Meadowbrook Teen Annex

Monday 7:00-9:00pm

NIA

Ages 18 and older

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Easteren and Western movement concepts and theories. The movements learned enhance flexibilty, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more.

Location: Multi-Purpose Room - Large

NIA SEPTEMBER

#9733 9/19/2006-10/12/2006 Tue, Thu 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

NIA OCTOBER

#9734 10/17/2006-11/9/2006 Tue, Thu 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

NIA NOVEMBER

#9735 11/14/2006-12/7/2006 Tue, Thu 6-7 pm Activity Fee \$62.00/ Punch Card (4 Punch) \$33/ Drop-In \$9

ATHLETICS

Flag Football

Ages 6 - 17

Registration information will be available in mid-August. Teams are formed with boys and girls of the same age group. Practices are scheduled to begin in the month of September. This is a no tackle sport.

#9716 9/18/2006 - 11/13/2006 Practice days and times TBA Activity Fee \$35.00

VOLUNTEER COACHES ARE NEEDED!

Girls Volleyball

Ages 10 - 17

Registration Information will be available in mid-August. Passing, setting, hitting and serving are the skills you will learn in this challenging and exciting sport. Practices will begin in September. Volunteer Coaches are needed!

#9717 9/11/2006 - 12/11/2006 Practice days and times TBA Activity Fee \$35.00

Indoor Nerf Soccer

Ages 5 - 6

Registration Begins August 21st Practices begin the week of September 18th

Youth Basketball

Ages 8 - 17

Join the fun and excitement of this popular team sport. Teams are formed for boys and girls ages 8 - 17. Please make sure that you register early, as age groups fill up quickly. Practices begin in November. Games begin in January and end in March.

Practices and Games to be announced Registration will begin October 7th Activity Fee \$65.00

VOLUNTEER COACHES ARE NEEDED!

Short Shots Basketball

Ages 6 - 7

Get your child started in learning the fundamentals of basketball. This class is designed to be a non-competitive and teach a "team" concept. Class meets once a week and ends with a Jamboree.

Practices Times to be Announced Registration begins November 13th Jamboree is March 23rd & 24th Activity Fee \$50.00

VOLUNTEER COACHES ARE NEEDED!

MARTIAL ARTS

Karate

Explore a variety of karate styles offered for youth and adults. Ages 7 and older

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30-8:30 pm for the more advanced students.

Location: Multi-Purpose Room - Large

SEPTEMBER

#9721 8/23/2006-9/25/2006 Activity Fee \$37.00, Youth \$24.00

Mon, Wed 6:30-7:30 pm

OCTOBER

#9722 9/25/2006-10/25/2006 Activity Fee \$37.00, Youth \$24.00

Mon, Wed 6:30-7:30 pm

#9726 10/30/2006-11/22/2006 Mon, Wed 6:30-7:30 pm Activity Fee \$37.00, Youth \$24.00

DECEMBER

#9728 11/27/2006-12/20/2006 Mon, Wed 6:30-7:30 pm Activity Fee \$37.00, Youth \$24.00

FOR TEENS ONLY

LATE NIGHT RECREATION PROGRAM for TEENS ages 13-19

FRIDAY AND SATURDAYS - 7:00PM - 12:00AM FREE!!!!

> MEADOWBROOK TEEN CENTER 10750 30[™] AVE NE - (206) 684-7523

Providing our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The late night program is open to youth in middle school and high school who are interested in making a positive change in themselves and their community. Activities include, but are not limited to: arts & crafts, volleyball, dances, cooking, video games, food, basketball and more!

Friday Night-Middle School Only

1st Friday - Music Studio

2nd Friday - Culinary Arts

3rd Friday - Teen Swim @ Meadowbrook Pool (Middle/High School)

4th Friday - Pizza & a Movie

Saturday Night-High School Only

1st Saturday – Culinary Arts

2nd Saturday - Pizza & a Movie

3rd Saturday – Game Room Tournament

(Pool, Ping-Pong, X-Box, etc...)

MEADOWBROOK TEEN CENTER

10750 30th Ave NE • Seattle, WA 98125 (located on southeast corner of Nathan Hale High School, entrance on 30th Ave NE & 107th)

Tues – Thursday 3:00 pm - 9:00 pm; Friday 3:00 pm - 12:00 am, Saturday 7:00 pm – 11:00 pm

To inquire or register for classes, stop by the Meadowbrook Teen Center or call 206.684.7523 or email mbrktlc@seattle.gov

(All programs are free of charge unless otherwise noted)

Teen Advisory Council Meetings

Dates and Times TBD

Be a part of the Meadowbrook Teen Advisory Council and earn your service-learning credits for school. Learn to use your voice to affect those around you in a positive way. Join the Meadowbrook Teen Advisory Council and together we can empower ourselves and the community around us.

Service Learning Hours

Meadowbrook Teen Center is working closely with High School students who have service learning criteria or who are interested in helping their community. If interested, stop by the Meadowbrook Teen Center to pick up your application form today!

Movie Madness

Every Wednesday Starting at 3:30 pm

Come enjoy your favorite movies, documentaries, animations, and short films during the Teen Centers weekly movie shows. Registration is simple. Snack and refreshments are available.

Future Leaders

Tuesdays and Thursdays 3:30 pm - 5:30 pm

This is a program for males/females aged 13 – 19 to discuss teen issues and provide our future leaders with a positive environment in which they can express themselves. So if this sounds interesting sign up @ the Teen Center Front Desk.

Environmental Education Program

Every Wednesday Starting at 3 pm

Environmental education at Meadowbrook Teen Center is an exciting way to learn about your surroundings, encourage leadership skills, critical thinking, and share your time with other teens of wide-ranging ethnic groups, cultures, and abilities. This fall, we will learn about our neighborhood nature, Puget Sound, local forests, and more! Come enjoy these activities and field trips while helping to protect the environment at the same time.

Speak on it!

2nd Wednesday of the Month From 6:30 pm- 8:30 pm

Speak on it! is a new monthly event that will feature talented performing artists in an open stage setting. We are looking for all types of performing artists: musicians, singers, poets, freestyle artists, bands, DJs, dancers, and more! Most equipment can be provided, so sign up at the front desk if you or a group of teens would like to get some experience performing for an audience.

Culinary Arts

(Limited spaces available)

The culinary arts program is designed to expose teens to the realms of the food-service industry. Contact front desk for more information!

Music Studio

Tuesdays and Thursdays From 6-8 pm

Interested in learning to play guitar or piano? Can you sing, rap, produce or recite poems? If you answered yes to any of the above questions, sign up to be a part of the Meadowbrook Teen Center music movement. The Teen Center has a state of the art music room and equipment for use by the teens who want to further their career in the music industry or to even just learn how it all goes down. Stop by the front desk if you want to get more information about participating.

Drop in Activities

Tuesday - Friday

Activities...Foosball, Ping-Pong, Pool, Xbox, Dominoes, Cards, Music, and many other fun drop-in games.

Computer Science

Program Times TBD

The goal of the computer science program is to introduce students to the world of computer science by utilizing self-pace, user friendly software and computer literate instructors (lectures). **Structure**

The program will offer a series of courses that build upon each other. There are two specific levels for the computer science program. The first course will be implemented immediately after obtaining the software. The second course will begin once students grasp the concepts of the introductory level.

- Beginners/Introductory Level 1 will teach students the fundamentals of Microsoft Office, the use of peripherals and basic word processing. The course lectures will familiarize students to computer jargon and explore the evolution of computers.
- Intermediate Level 2 will teach students the fundamentals of the four basic computer applications: Data Base Management, Spreadsheets, Word Processing and Communications. The course also teaches students how to use desktop publishing, group project publishing and how to create documents with data-driven graphics.

SEE SPECIAL EVENTS JUST FOR TEENS ON THE NEXT PAGE!



SPECIAL EVENTS JUST FOR TEENS

Neighborhood Appreciation Day!

Saturday, September 23rd - 4:00-6:00 pm

Come take a tour of the teen center, learn about the programs we offer, and participate in activities with your own teenager! This event is for teens, parents, and anyone interested in learning more about the center.

Meadowbrook Survival Challenge

Wednesday, September 27th - 3:30-5:30 pm

The areas surrounding the teen center are filled with challenges for the outdoor enthusiast! Sign up with a team of 4 teens to enter in the competition that will have you practicing first aid, navigating, and racing to earn the most



Harvest Festival Events

Friday, October 27th - 5:00-7:00 pm

Come kick off the harvest season with pumpkin carving and a candy hunt with flashlights! This event is free for all teens.

Teen Feast

Wednesday, November 22nd – 6:00-9:00 pm

Join us for some great food cooked by teens themselves. Come earlier in the day to help prepare food and we will all feast together in the evening.

High School Dance

Friday, December 15th - 8:00-11:00 pm

It's time for high schoolers to dance the night away at Meadowbrook Teen Center! This is your event, so join the Teen Advisory Council

Middle School Dance

Friday, October 27th - 8:00-11:00 pm

We're hosting a costume dance for middle school teens here at the center. Put together your best costume and bring your friends for a fun-filled evening! Small admission fee.

SENIOR ACTIVITIES (age 55+)

N.E. REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist (206) 386-9106 e-mail: jayla.mcgill@seattle.gov

Fall Quarter Dates: October 2-December 15

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

<u>Registration begins September 18.</u> Class dates/times are subject to change.

'So Long Summer' Celebration!

Come join the fun in Edmonds!

Hear Chris Fordyce, MD, geriatrician, author, Group Health Cooperative—Quality of Life and Aging, Taking charge of your health, happiness and future. Also featuring sessions of topics of interest: Fall Prevention, Travel, Fun ways to Fitness & Strength Training, Aging Ears, Planning For Your Future, Healthy Cooking For A Healthy You.

Free giveaways, blood pressure checks, pulmonary function testing, Eyeglass cleanings. Special lunch available for a small donation. Van rides (\$3.50) departing Lower Woodland 9:00 a.m./Meadowbrook CC 9:30 a.m.

Must pre-register at 206-386-9106 starting Sept. 18.

Thursday 9 am-2:30 pm Oct 5 Fees: \$3.50

Meadowbrook Book Club

Meet once a month on the 3 Thursdays to discuss a book provided by the Seattle Public Library.

Pre-register: (206) 386-9106 Bel Canto by Ann Patchett

Thursday 11 am-Noon Oct 19

Ahab's Wife by Sena Naslund

Thursday 11 am-Noon Nov 16

TBA

Walk Group

Meadowbrook Sound Steps

Walks around the neighborhood, including the Meadowbrook Pond and Playfield areas. Meet in the Lobby.

Question: 206-386-9106

Fridays 11:30 am-12:30 pm Oct 2-Nov 15

Fees: Free

Pickleball

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please pre-register by calling (206) 386-9106.

Beginning:

Thursdays 12:05-2 pm Oct 2-Dec 15

Fees: \$1.00 Drop-In Fee Intermediate/Advanced Play:

Thursdays 10-11:55 am Oct 2-Dec 15

Fees: \$1.00 Drop-In Fee

SENIOR ACTIVITIES (age 55+)

Body Conditioning

Dynabands/free weights for overall strength conditioning.

Mondays 10-11 am Oct 2-Dec 11

Fees: \$25.00/1 day week Instructor: P. Cannon

Thursdays 11:15 am-12:15 pm Oct 5-Dec 14

Fees: \$25.00/1 day week Instructor: C. Lorenz

Yoga

Gentle stretching to keep limber and build muscles, improve breathing, and balance. All skill/fitness levels.

Wednesdays 9-10 am Oct 2-Dec 15

Fees: \$25.00 1/day week Instructor: J. Robin

Fridays 9:30-10:30 am Oct 2-Dec 15

Fees: \$25.00 1/day week Instructor: J. Robin

CULINARY ART



Join our chef, Rosangela Seppala, to create new, exciting dishes, receive recipes and have lunch.

Must pre-register at 206-386-9106.

SQUASH & EGGPLANT

Fall is time for squash and eggplant!

9/27/2006 Wed 10 am - 12 pm

Activity Fee \$12.00

YUM, YUM TOFU!

Marinate it! Fry it! Bake it! Crumble it!

10/11/2006 Wed 10 am - 12 pm

Activity Fee \$12.00

STIR-FRY-With or Without

Quick, appetizing, healthy!

10/25/2006 Wed 10 am - 12 pm

Activity Fee \$12.00

COOKING WITH YOGURT!

Yogurt has many health benefits!

11/8/2006 Wed 10 am - 12 pm

Activity Fee \$12.00

EDIBLE GIFTS-Sweet & Savor

Are you wracking your brain for the perfect holiday gift? Edible gifts are great!

11/22/2006 Wed 10 am - 12 pm

Activity Fee \$12.00

FIELD TRIPS

Trip Registration: Call (206) 386-9106 at 8 a.m. on the register date listed under each trip. You may sign up yourself and one other person. When you call, leave your name, phone number, name of trip and pick-up site. You'll be called back ONLY if on the wait list. Payment must be received five working days prior to trip or be subject to cancellation.

All Checks should be mailed to: SAAC, Senior Programs, Attn: NE Sector, 8061 Densmore Avenue N, Seattle, WA 98103

VAN DEPARTS FROM FRONT DOOR OF MEADOWBROOK COMMUNITY CENTER AT TRIP TIME LISTED.

Vans will only wait for 5 minutes for late people. Registrations begin promptly at 8:00 a.m. Please don't call any earlier. Please do not wear any fragranced personal care products as a courtesy to those who have chemical sensitivities.

THE LEGEND OF SLEEP HOLLOW

A Halloween treat presented by Edmonds' Driftwood Players. Showtime 2 p.m. Dessert Buffet (included) follows. Bring \$10 admission cash exact change on trip day. Register Sept. 29.

Sunday 1-6 pm Oct 22 Fees: \$5.00

RED WIND CASINO

We're heading for Olympia to try our luck on some of the 675 slots, enjoy discounted Buffet Lunch and receive free gifts. Register Oct. 6.

Monday 8:00 am-4:30 pm Oct 30 Fees: \$8.00

SEATTLE DESIGN CENTER

A designer will guide our tour through the showrooms and answer questions about products and designs. Purchases can be made through designer. Some stair-climbing. Then lunch on your own at Wolfgang Puck Restaurant. Register Oct. 13.

Monday 8:00 am-4:30 pm Nov 6 Fees: \$5.00

ROSALIE WHYEL MUSEUM OF DOLL ART

Off to Bellevue to step into a world of small wonders where history unfolds through the imagination and visionary world of doll makers. One of the world's foremost doll collections in an exquisite setting designed to showcase the art of the doll. \$3.00 admission (cash, exact change) on trip day. Then off to Redmond for lunch, on your own, at The British Pantry and Gift Shop. You'll love it. Register Oct. 20.

Monday 9:15 am-3 pm Nov 13 Fees: \$6.00

LET'S EXPLORE FREMONT!

Rosangela Seppala, our Culinary Arts Instructor Extraordinaire will guide us through her favorite shops of Fremont, including a tour of the heavenly Chocolate Factory. Lunch on your own at a nearby eatery. Register Nov. 17.

Wednesday 9:30 am-3 pm Dec 6 Fees: \$6.50

POINT DEFIANCE ZOO LIGHTS

Travel to Tacoma to view Zoolights for the holidays. Bring \$5.00 cash/exact change admission (price subject to change) on trip day. Stop for refreshments afterwards (on your own.) Register Nov. 9.

Monday 3:30-7 pm Dec 11 Fees: \$8.00

HOLIDAY CAROL SINGING

Spread some joy to others this holiday season. Join us as we sing at area nursing homes. You don't have to be a great singer to come and be part of the fun. Songbooks and refreshments provided.

Thursday 12:15-3:15 pm Dec 14 Fees: Free



Meadowbrook Swimming Pool

10515 35th Ave NE Seattle WA 98125 (206) 684-4989 TDD only (206) 233-7061

Fall 2006, Sept. 5-Dec. 31, 2006 Front Desk Hours:

Monday through Friday	Noon-8:00PM
Saturday	7:00AM-6:00PM
Sunday	Closed

Closures:

Friday, November 10, 2006	Veteran's Day
Thursday-Friday, November 23-24	Thanksgiving
Monday, December 25	Christmas Day

Professional Staff:

Kathy Whitman	
Scott Ferry	
Michael Wiles	Pool Operator
Jody Bartee, Pamela Wilson	PPT Cashier
Tiffany Jordan, Caroline Marshall,	
Adam Swarm, Tyler Martin	Senior Lifeguards
And a bunch of other really grea	t people!

Fees & Admission Information:

Under 1 year	FREE
Youth ages 1-18	
Adults ages 19-64	
Senior Adults ages 65 and better	\$2.75
Special Populations	\$2.75
Water Fitness Classes	\$4.75/\$3.00 (Sr.)
Masters Workout	\$4.75/\$3.00 (Sr.)

Swim Tickets:

FAST Pass	\$45.00/\$3	5.00 (Sr, You	th, Spec Pop)
Recreational Pun	ch Card	\$20.00 (\$22.00 value)
Fitness Punch Ca	ard	\$30.00 (\$33.00 value)

Equipment Rentals (all prices include tax):

Towels	\$0.50
Showers	\$3.75
Lockers	\$0.25

RECREATIONAL SWIMMING

Adult & Senior Swim	
Monday-Saturday	Noon-1:30PM
Tuesday & Thursday*	9:00-10:00PM
Adult/Senior Swim: Half of the pool	is set up with lanes
for lap swimming. The other half is	available for less
structured swimming. *FastPass of	r Recreational Punch
Card required.	

Lap Swim

Monday-Friday (EMLS)*	6:00-7:30AM
Mon/Wed/Fri/Sat	
Saturday	7:00-8:30AM
Early Morning Lap Swim: (EMLS) 2 do	ouble-wide lanes
and 2 single-wide lanes. *FastPass or Recreational	
Punch Card required. EMLS time will change to	
5:45-7:15AM from 10/4/06-12/29/06	to accommodate

Seattle Schools Program.

Lap Swim and Saturday Morning: 4 single wide lanes (very fast, fast, and 2 medium lanes) and 1 double wide lane for slow lap swimming.

3 Lane Lap Swim & Pool Playland

Family Swim (with lap lane available)		
Tuesday & Thursday	7:00-8:00PM	
Saturday Morning	9:30-10:30AM	
Saturday Afternoon	4:30-5:30PM	
Fun for the whole family! An excellent	time to play. An	
adult must accompany children into the	e pool. Flotation	
aids and toys are allowed in the shallo	ow end of the pool.	

Friday Fun Nights

Fridays7:30-8:30PM
Spend your Friday nights at Meadowbrook Pool! Adults
don't have to be in the water for this swim. Regular
admission and height/age requirements apply. Good
behavior is expected for children swimming without
supervision.

Have your next party at Meadowbrook Pool! We offer two different party packages, so there is sure to be one that will fit your budget. See page 16 for details.

Public Swim

Monday-Friday	1:30-3:00PM
Monday*	
Friday**	
Saturday (w/lap lane)	

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult into the pool. Not all float toys allowed. *Deep end closes at 8:00PM. **There will be no public swim on Friday, Dec. 1 and 8 due to Seattle Schools swim meets.

WATER FITNESS CLASSES

Deep Water Exercise for Seniors \$4.75 Adult/\$3.00 Sr. Adult

Mon/Wed/Fri1:30-2:15PM

We call this "exercise that feels good." A deep water class using resistance/flotation equipment.

High Energy Deep Water Exercise \$4.75 Adult/\$3.00 Sr. Adult

Mon-Thurs-More days a	dded!8:00-8:45PM
Saturday	8:30-9:15AM

A deep water class using resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music.

Adapted Water Exercise \$4.75 Adult/\$3.00 Sr. Adult

Tue & Thurs1:30-2:30PM

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

"Masters" and Triathlon Workout with Stroke Refinement training

\$4.75 Adult/\$3.00 Sr. Adult

Mon/Wed/Fri6:30-7:30 PM

We offer a structured, specialized, and fun workout focusing on stroke technique, aerobic conditioning, and open water swimming. If you are a first time triathlete or a lap swimmer who wants to take it up a notch, we will help you with your form and your stamina. If you are a seasoned masters swimmer, come get a challenging and engaging practice.

SWIMMING LESSONS

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

Family Lesson...great price!

For 2 adults and 2 children under 6 years of age. The whole family gets in on the safety and basic skills for swimming.

Things to Know

Dimensions: 75ft x 44ft

- · Water temperature: 85 degrees F
- Depth Range: 3-12ft
- 72 lengths = 1 mile
- · Street shoes are not allowed on the pool deck
- · Served by Metro bus route #65
- Pool lift and portable steps for our non-ambulatory patrons
- Two ADA accessible Family Changing Rooms available.
- Children 6 years and older must use the appropriate gender locker room
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass
- A child younger than 6 years old or less than 4 feet tall must have an adult with them at all times in the water.
- · We accept MasterCard, VISA and American Express.

3 Year Old Lessons

Small classes with a certified instructor to start your child on learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots or Family Lesson.

Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

Our Lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6-17. We have slightly modified these skills in the earlier levels to be more challenging and provide a smoother transition between levels. We use a station method of teaching which promotes more individual attention for all our students. And above all, we emphasize safety, fitness, and fun in our lessons!

If your child has not taken lessons before please sign up for the Level **1-3** time slot and we will evaluate your swimmer.

- Level 1—Introduction to water skills: getting comfortable with the face in the water and with floating and kicking on front and back.
- Level 2—Fundamental aquatic skills: front gliding and crawlstroke to turning over and kicking on the back.
- Level 3—Stroke development: crawlstroke, backstroke, treading water, and diving.
- Level 4—Stroke improvement: adds breaststroke, butterfly, and elementary backstroke to the previous skills.

- Level 5—Stroke refinement: adds sidestroke, and longer distances and more refinement of the previous strokes.
- Level 6—Personal water safety: increased mastery of form and endurance in all the strokes plus safety and rescue techniques.

Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs call 684-4950.

One to One Swimming Lessons

One student: ½ hr. / \$25.00 Two students: ½ hr. / \$35.00

Private lessons are offered Monday/Wednesday/Friday from 3:30–4:00PM; Fridays from 5:00–5:30PM; and Saturdays from 3:30–4:00PM. Sign up begins Thursday, August 24 at 6:00PM. Three (3) classes minimum

required when signing up.



MEADOWBROOK POOL FALL-AT-A-GLANCE 2006

10515 35th Avenue NE • (206) 684-4989 • www.seattle.gov/parks/aquatics/meadowbrookpool.htm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	Lap swim*	Lap swim*	Lap swim*	Lap swim*	Lap swim*	
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
07:00 AM						Lap Swim 7-8:30
07:30 AM	Seattle Public Schoo	ls				
08:00 AM						
08:30 AM						Deep Water EX
09:00 AM						8:30-9:30
09:30 AM						Family Swim
10:00 AM						9:30-10:30
10:30 AM						Lessons
11:00 AM						10:30-12:00
11:30 AM			Lessons 11:30-12			
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult swim	Adult Swim
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30
01:00 PM						
01:30 PM	Deep Water EX	Adapted Water EX	Deep Water EX	Adapted Water EX	Deep Water EX	Public Swim
02:00 PM	1:30-2:15/Lessons	1:30-2:30	1:30-2:15/Lessons	1:30-2:30	1:30-2:15/Lessons	1:30-3:00
02:30 PM	Pool Playland/3-	After School	Pool Playland/3-		Pool Playland/3-	
03:00 PM	Lane Lap 2:30-3:30	Activity Program	Lane Lap 2:30-3:30		Lane Lap 2:30-3:30	Lessons
03:30 PM	Lessons	(ASAP) 2:30-4:00	Lessons		1:1 Lessons 3:30	3:00-4:30
04:00 PM	3:30-5:30	Excel 4:00-5:30	3:30-5:30	Excel 4:00-5:30	Public Swim	
04:30 PM					4:00-5:00	Family Swim
05:00 PM					1:1 Lessons	4:30-5:30
05:30 PM	Lap swim	Lessons	Lap swim	Lessons	Lap Swim	Lap Swim
06:00 PM	5:30-6:30	5:30-7:00	5:30-6:30	5:30-7:00	5:30-6:30	5:30-6:30
06:30 PM	Masters		Masters		Masters	Party Rentals
07:00 PM	6:30-7:30	Family Swim	6:30-7:30	Family Swim	6:30-7:30	see pg. 16 for
07:30 PM	Public Swim 7:30	7:00-8:00	Lessons 7:30-8:00	7:00-8:00	Friday Fun Night	details
08:00 PM	Deep Water EX	Deep Water EX	Deep Water EX	Deep Water EX	7:30-8:30	
08:30 PM	8:00–8:45	8:00-8:45	8:00-8:45	8:00-8:45		
09:00 PM		Adult Swim		Adult Swim		
09:30 PM		9:00-10:00		9:00-10:00		

2006 Fall Schedule—September 5-December 31, 2006

Meadowbrook Pool will be closed in observance of Veteran's Day, Nov. 10 and Thanksgiving, Nov. 23-24 and Christmas Day, Dec. 25.

^{*}EMLS time will change to 5:45-7:15AM from 10/4/06-12/29/06 to accommodate Seattle Schools Program.

SWIMMING POOL LESSON SCHEDULE—FALL 2006

	CLASS	DAY	TIME	# OF DATES	LESSONS	COURSE FEE	NUMBER
	Tots	T**	6:30-7:00PM	Sept. 12-Dec 12	13	\$65.00	10087
	(Parents and tots)	W**	11:30AM-Noon	Sept. 13-Dec 13	13	\$65.00	10088
		Th**	6:30-7:00PM	Sept 14-Dec 14	13	\$65.00	10089
	Family Lesson	Sat**	11:30AM-Noon	Sept 16-Dec 9	12	\$60.00	10943
	3 Years Old	M**	5:00-5:30PM	Sept 11-Nov 13	10	\$80.00	10047
		W**	5:00-5:30PM	Sept 13-Nov 15	10	\$80.00	10048
		F*	1:30-2:00PM	Sept 15-Nov 17	9	\$72.00	10049
	Kinders	M**	2:00-2:30PM	Sept 11-Dec11	13	\$65.00	10053
	(4 and 5 Year Olds)	M	4:30-5:00PM	Sept 11-Nov 13	10	\$50.00	10052
		Т	6:00-6:30PM	Sept 12-Nov 14	10	\$50.00	10054
		W**	2:00-2:30PM	Sept 13-Nov 15	13	\$65.00	10056
		W	4:00-4:30PM	Sept 13-Nov 15	10	\$50.00	10055
		Th	6:00-6:30PM	Sept 14–Nov 16	10	\$50.00	10057
		Sat**	10:30-11:00AM	Sept 16-Dec 9	12	\$60.00	10066
_	Youth Levels 1–3	M	4:00–4:30PM	Sept 11-Nov 13	10	\$50.00	10069
Z	(6 years old and up)	T	5:30–6:00PM	Sept 12-Nov 14	10	\$50.00	10070
<u>o</u>		W	4:30–5:00PM	Sept 13-Nov 15	10	\$50.00	10071
SS		Th	5:30-6:00PM	Sept 14–Nov 16	10	\$50.00	10072
SESSION		Sat**	11:00–11:30AM	Sept 16-Dec 9	12	\$60.00	10073
(C)		Sat**	4:00–4:30PM	Sept 16–Dec 9	12	\$60.00	10074
	Youth Levels 4–6	M	5:00-5:30PM	Sept 11-Nov 13	10	\$50.00	10077
	(Child must pass L3)	T	6:30-7:00PM	Sept 12–Nov 14	10	\$50.00	10078
		W	5:00–5:30PM	Sept 13–Nov 15	10	\$50.00	10079
		Th Sat**	6:30–7:00PM 11:30AM–Noon	Sept 14–Nov 16	10 12	\$50.00	10080 10081
				Sept 16–Dec 9		\$60.00	10061
	Swim Team Prep	M/W/F	3:30–4:00PM	Sept 10–Dec 15	Drop-in	\$5.00	10000
	Springboard Diving	T W	6:00–6:30PM	Sept 12-Nov 14 Sept 13-Nov 15	10 10	\$50.00	10086 11087
			4:00–4:30PM	•		\$50.00	
	Special Populations	Sat**	3:00–3:30PM	Sept 16–Dec 9	12	\$60.00	10084
	Private Lessons	M/W/F	3:30-4:00PM	min of 3 lessons			
		F*	5:00-5:30PM	min of 3 lessons			
		Sat	3:30–4:00PM	min of 3 lessons	10	405.00	10050
	Adults	W**	7:30–8:00PM	Sept 13-Dec 13	13	\$65.00	10050
		F*	2:00–2:30PM	Sept 15–Dec 15	12	\$60.00	10051
	V:ndow	NA/NA/	4:00 4:20DM	Nov 27–Dec 13	6	ቀ20 00	10067
7	Kinders	M/W T/Th	4:00–4:30PM	Nov 27-Dec 13 Nov 28-Dec 14	6	\$30.00	10067
SESSION	Variable 1. 2		6:00–6:30PM		6	\$30.00	10068
12	Youth I-3	M/W	4:30–5:00PM	Nov 27–Dec 13	6	\$30.00	10075
S	<u></u>	T/Th	5:30–6:00PM	Nov 28–Dec 14	6	\$30.00	10076
SE	Youth 4–6	M/W	5:00-5:30PM	Nov 27–Dec 13	6	\$30.00	10082
		T/Th	6:30-7:00PM	Nov 27-Dec 13	6	\$30.00	10083

^{*} There will be no classes on Veteran's Day, Friday, November 10

The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs,

swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

^{**} There will be no classes on the week of November 20–25



STEPS TO REGISTER FOR SWIMMING LESSONS

Swim Lesson registration for the Fall Quarter can be done online beginning August 14, 2006 at 7:00AM. Go to www.cityofseattle.net/parks and click on the SPARC link. Courses will be visible to browse on this website beginning July 24, 2006. People who have taken classes at a City of Seattle Pool or Community Center in the last six months may already have an account, and will only need to obtain two numeric codes to register online. These codes are available at the pool with valid ID before August 6 or after August 21, or through the SPARC link itself. If you do not have an account, you can also set one up using the SPARC link.

If you do not have access to a computer, all Seattle Parks and Recreation Community Centers and Pools will be available for walk-in or phone-in registration during each facility's normal business hours beginning August 14.

Because of the Pool maintenance closure August 6–20, 2006, we will not be available for questions regarding registration until Monday, August 14, 10:00 AM–6:00 PM, by phone, at 684-4989. Walk-in registration will begin Monday, August 21 at 9:30AM.

Pool Parties

Super Deluxe Pool Parties... You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and an hour lobby party with help from our "party guards," really cool goodie bags, table cloths, party plates, napkins, forks and juice box for each child. Cost is \$202.00. Additional participants are only \$8.00 per child. **Times offered: Saturdays after 6:30 or Sundays beginning at 12:00 Noon.**

Do-it-yourself Parties... Prices start at \$140.00 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering

time at the end of your swim. Our most popular party is \$185.00 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for their own clean up. For more information please come by or call 684-4989 between Noon–8:00PM, Monday–Friday



Friday Fun Nights at the Pool

Spend your Friday nights here at Meadowbrook Pool! Every Friday evening from 7:30–8:30 we will have special swims that will offer fun for the whole family. Children swimming without adult supervision must be 6 years old or 4 feet tall. Good behavior is a must!

September 8: Back to School Party!

September 15: Root Beer Floats and Float Toys

September 22: Dive-in Movie Night

Plus more...every Friday Night!

You Don't Want to Miss This!

October 27: Spook the Pool

Friday, 7:30-8:30PM

We focus on fun and swimming rather than scaring anyone out of their pants. Lots of games and prizes that are fun both in and out of the water! Please remember, any swimmers under 4' tall or younger than 6 years should be in the water with an adult.



Get a fresh start on the new year! Polar Bear Patches will be given to those who brave the waters at high noon. This swim is a Free Family Event hosted by the Meadowbrook Advisory Council. Bring the family for a bracing dip in Lake Washington. Hot refreshments to follow. Free!